



University of Maryland
CENTER FOR ENVIRONMENTAL SCIENCE

Mental Healthcare

Resources and Contacts

Updated August 2023

Table of Contents

Introduction	3
General Resources	3
Appalachian Laboratory	7
Chesapeake Biological Laboratory	9
Horn Point Laboratory	12
Institute of Marine and Environmental Technology	14
Integration & Application Network – Annapolis	16
Maryland Sea Grant	18
Additional Information for Kaiser Permanente Insurance Holders	20

Introduction

This document describes the mental health care options available through UMCES and provides information about national, Maryland, and local resources available in the neighborhood of each Lab. The available options can be difficult to find – particularly for someone who is suffering from mental health issues. Our goal is to make the information on mental health care options as clear and available as possible.

General Resources

Please **dial 911** if you are experiencing a medical or mental health emergency.

National Resources

National Hotlines	
Nationwide Mental Health Crisis and Suicide Prevention Number	Dial 9-8-8
Disaster Distress (Helpline Offers Immediate Crisis Counseling)	1-800-985-5990 or text "TalkWithUs" to 66746 1-800-985-5990 or text "Hablanos" to 66746 (Spanish)
The Trevor Project (LGBTQ+ support network)	1-866-488-7386 or text "START" to 678678
National Suicide Lifeline	1-800-273-8255
Substance Abuse	
Alcoholics Anonymous www.aa.org for meeting locations	Share stories of struggle in a protected environment, while working through their designated 12-step program.
Narcotics Anonymous www.na.org for meeting locations	Share stories of struggle in a protected environment, while working through their designated 12-step program.
Nar-Anon Family Groups www.nar-anon.org for meeting locations	Share stories of struggle in a protected environment, while working through their designated 12-step program.
Al-Anon Support Services www.al-anon.org for meeting locations	Share stories of struggle in a protected environment, while working through their designated 12-step program.
Phone and Tablet Apps	
Well Track	Self-help app to support mental health and well-being with a focus on Anxiety/Stress, Depression, and Public Speaking.
My Thought Coach	Fitness and meditation expert guides.
Websites	
Find a therapist	Website to help find available therapists in your area.

Maryland Resources

Crisis Hotlines	
Maryland Crisis Hotline	1-800-422-0009 State-wide 24-hour crisis intervention and supportive counseling hotline for suicide, family and relationship problems, shelter needs, violent or threatening domestic situations, loneliness, depression, chemical dependency issues and others.
Crisis Text Line	Text HOME to 741741 24 hour crisis counseling support
<u>Maryland Crisis Connect</u>	24 hour crisis counseling support Call 211, press 1 Text zip code to 898-211, or TXT-211 (only available to Maryland zip codes) Online chat at www.mdcrisisconnect.org/chat-with-us/
Mobile Crisis Teams	
Anne Arundel County Crisis	410-768-5522
Baltimore Crisis Response, Inc. (Baltimore City)	410-433-5175
Baltimore Child and Adolescents Response System (Baltimore City)	410-433-5175
Baltimore County Crisis Team	410-931-2214
Calvert County (Maryland Crisis Hotline)	800-422-0009 OR 877-467-5628
Carroll County (Maryland Crisis Hotline)	800-422-0009
Eastern Shore Mobile Crisis (All Eastern Shore Counties)	888-407-8018
Frederick County	301-662-2255
Harford County Crisis Team	410-638-5248

Howard County Crisis Team	410-531-6677
Montgomery County Crisis System	240-777-4000
Prince George's County Crisis Team	301-429-2185
St. Mary's County	Call 2-1-1, or text your zip code to TXT-211 (898-211)
Wicomico County	410-749-2924
Worcester County	Call 9-1-1
Eating Disorders	
<u>The Center for Eating Disorders at Sheppard Pratt</u> (Towson, MD) (410) 938-5252	Inpatient program, Partial hospital program, outpatient program, Support groups, Individual & group therapy, Family & couples therapy, Medical monitoring & consultation, Psychopharmacology, Nutritional counseling, Expressive therapy, Occupational therapy
<u>The Renfrew Center</u> 1-800-736-3739	Day treatment program, Intensive outpatient program, Outpatient program, Group therapy
Child-Specific Services	
<u>Maryland State Department of Education</u>	Guide to handle and prevent bullying or harassment. Student support and planning for emergencies.
<u>Maryland Transitioning Youth</u>	High school to higher education transition help and consultations. Youth to adult health care and planning resources.
<u>Department of Human Services</u> 1-800-332-6347	Federal social services, child support, adoptions, family investment and other benefits.
<u>Maryland Coalition of Families</u> 410-730-8267	Special education advocacy, parent support groups, behavioral health services, in-home behavioral support, evaluation and assessment services, child care resources.
Services for People of Color	
<u>Therapy in Color</u>	Mental health directory for people of color.
<u>National Directory of Therapists of Color</u>	National Directory of Therapists of Color, searchable by state.
<u>Inclusive Therapists</u>	16 Directories of Therapists of Color.

LGBTQ+ Services	
OutCare	Searchable directory for LGBTQ+ friendly healthcare providers.
National Queer and Trans Therapists of Color Network	Searchable practitioner directory.
Trans Lifeline	Peer support community, 877-565-8860
GLBT National Hotline	888-843-4564
National Coalition of Anti-Violence Programs	212-714-1141 (English and Spanish); https://avp.org/ncavp/
GLBT National Youth Talkline	800-246-7743
DeHQ: LGBTQ Helpline for South Asians	908-367-3374
University of MD Reference	
Simone Warrick-Bell UMD Graduate Academic Counselor	- Assistance navigating taking a leave of absence - Return from a leave of absence - Warm Referral

UMCES Employee Benefits

Important note: Sick leave can be used for mental healthcare.

UMCES Employee Assistance Program

UMCES offers an Employee Assistance Program through GuidanceResources. Through this program, employees can securely seek help for personal or work-related problems. GuidanceResources services are available to ALL UMCES students, faculty and staff AND their immediate family/household members.

To access EAP services online, use the following link: www.guidanceresources.com or access the App searching for GuidanceNow. The web ID is USMEAP.

State of Maryland Health Benefits

In general, all options under each type of plan and carrier cover the same services. However, the participating provider networks for the plans are different. Be sure to carefully review what is covered by each plan, as well as the plan's limitations and the participating providers and facilities in the plan's network.



The State of Maryland also offers a [Wellness Program](#) with important wellness tips as well as updates about wellness events, Open Enrollment, and much more. Visit often for up-to-date benefits and wellness information!

Topics Include:

- [How to Talk with Your Doctor about Depression](#)
- [Are You Stressed?](#): Understanding chronic stress and learning effective stress management strategies

More employee resources can be found at <https://www.umces.edu/human-resources>

Appalachian Laboratory

Name, Location, & Contact Information	Services Provided
Hospitals/Emergency	
<p>WMHS Behavioral Health Main line: 240-964-8585 24-hour crisis hotline: 240-964-1399</p>	<p><i>Inpatient and outpatient therapy and educational materials; Psychiatry; Normal life transitions; stress reactions; conditions that require acute inpatient care; addictions; provides individual or group therapy</i></p>
<p>Family Crisis Resource Ctr. (free to victims of domestic violence) Cumberland, MD 24-hour hotline: 301-759-9244 Text message (SMS) support: 301-970-4242</p>	<p><i>Assist victims and survivors of intimate partner violence, rape, sexual assault, sexual abuse, child abuse, and stalking. Emergency Shelter, Information & Referral, Crisis Intervention, Case Management, Individual & Group Counseling, Advocacy and Accompaniment, Sexual Assault Response Team, Domestic Violence Follow-Ups, Supervised Visitation & Exchange. LGBTQIA+ * Text-message support and webchat support available*</i></p>
<p>Mineral County Family Resource Network, Keyser WV 304-788-9099 Counseling Services directory Crisis Services and Hotlines directory WV Domestic Violence Hotline: 304-263-8522 Domestic & Child Abuse Hotline: 800-352-6513</p>	<p><i>Domestic violence shelter for women, peer support groups, crisis services, other community support resources</i></p>
Psychiatrists	
<p>Garrett Regional Medical Center - Health and Wellness 301-533-2190 / Oakland, MD</p>	<p><i>Comprehensive behavioral health counseling and addictions treatment. Staff include Mental Health Nurse Practitioner, Masters Level Addiction Counselors, Masters Level Social Worker and a Licensed Practical Nurse. Walk-in services available.</i></p>
<p>Villa Maria of Mountain Maryland (Catholic Charities), Cumberland MD 667-600-2110</p>	<p><i>Programs for all ages; Individual therapy; Family therapy; Cognitive Behavioral Therapy; Group Therapy; Experiential Therapy; Nutrition Therapy; Couples Therapy; Trauma Therapy</i></p>

bcross@cc-md.org	
Covenant Counseling Ministries, Inc., Cumberland MD 301-777-0633	<i>Biblically-based counseling. CBT, grief and mourning, addiction, mental health disorders, chronic illness & death, family services. Individual, family, and group therapy</i>
Potomac Highlands Guild 24-hour crisis line: 1-800-545-4357 304-358-2351 / Franklin, WV 304-538-2302 / Moorefield, WV 304-788-2241 / Keyser/New Creek, WV 304-257-1155 / Petersburg, WV 304-822-3897 / Romney, WV	<i>Outpatient psychiatric services; psychological services; individual, group, and family therapy; substance abuse; DUI safety and treatment program; social work and case management; crisis intervention; behavior management; nursing and I/DD program planning services; day treatment for developmentally disabled and long-term mentally ill adults; residential services</i>
New Creek Family Medicine - Dr. Scott Thomas (Keyser, WV) 304-788-9320	<i>Psychiatry, family medicine</i>
General Counseling (both columns)	
Christian Counseling Services - Dr. Seth Ramer 301-895-3117 / Cumberland, MD	Garrett Regional Medical Center - Health and Wellness 301-533-2190 / Oakland, MD
Potomac Highlands Guild Multiple Locations	Zealand Psychological Assoc. 301-722-8000 / Fax: 301-722-8001
Psychological Services WMD 301-777-0451	Wellness Counseling and Consulting Solutions- Ann Sheetz 301-724-2449
Committed to Change 240-580-1919	New Directions Diana Amann, LCSW-C 301-268-5065
Potomac Behavioral & Occupational Therapy 240-362-7444	Footprints to Hope Counseling 240-522-0885
Kinfolk Counseling, LLC (301) 433-7494	Davis Dayhoff, PhD.(Cumberland, MD) 301-759-3360
Kevin Peterson, PhD. 301-759-3360	Jim Miller, PhD.; Helen Miller, LCPC (Cumberland, MD) 301-724-4081
Health Department and County Services	
Dept. of Veterans Affairs 800-698-2411	<i>Posttraumatic stress disorder (PTSD), psychological effects of military sexual trauma, depression, grief, and anxiety. Generalized anxiety disorder, Panic disorder, Social anxiety, Specific phobias, Substance use problems, Bipolar disorder, Schizophrenia.</i>

Allegany County Health Dept. Behavioral Health (counseling & prescribing providers) 301-759-5280	<i>Psychiatric Diagnostic Evaluations; Individual, Family & Group Therapy; Medication Evaluation; Medication Monitoring; School-based Services for Children/Adolescents; Crisis Intervention; Intensive Outpatient Programs for Adults and Children; Therapeutic Injections for Adults; and Walk-in Evaluations</i>
Bedford-Somerset Developmental & Behavioral Health Services (Counseling & Prescribing Providers), PA Bedford: 814-623-5166 Somerset: 814-443-4891	<i>Free developmental screenings to all children age birth to three years old. Student Assistance Program (SAP) for identifying issues including substance abuse and mental health issues. Children and Adolescent Services System Program for emotionally disturbed youth and their families.</i>
Hyndman Area Health Center 814-842-3206	
Washington County Mental Health Authority (Counseling & Prescribing Providers) 301-739-2490	<i>Recovery Oriented Services (Psychiatric Rehabilitation, Clubhouse, Peer Services)</i>
Substance Abuse	
Garrett Treatment Center (suboxone) 301-533-2888 / Dr. Richard Perry Oakland, MD	<i>Addiction treatment services (including opioids) and medical marijuana. No counseling at this location (counseling offered through Garrett County Health Department).</i>
City Reach Hope Homes 240-362-7919	<i>Church-based 9-12 month intensive discipleship program for individuals who have substance abuse problems or are dealing with significant emotional impairments/depression/anxiety</i>

Chesapeake Biological Laboratory

Name, Location, & Contact Information	Services Provided
Hospitals/Emergency	
CalvertHealth (Prince Frederick, MD) (410) 535-8144	<i>Inpatient and outpatient therapy and educational materials for individuals, groups, and couples; psychiatry.</i>
MedStar St. Mary's Hospital (Leonardtown, MD) (301) 475-6227	<i>Inpatient and outpatient therapy and educational materials for individuals, groups, and couples; psychiatry.</i>
The Southern Maryland Center for Family Advocacy 24/7 Crisis Hotline: 240-925-0084	<i>Free legal advocacy, case management, crisis management, and emergency shelter services for victims of domestic violence and sexual assault in St. Mary's County.</i>
Psychiatrists	

Aimee Alinsonorin-Dioguardi , M.D. (Solomons, MD) (410) 326-2333 https://www.md.com/doctor/aimee-alinsonorin-dioguardi-md	<i>Treats children and adults</i>
Osama M. Saleh , M.D. (Prince Frederick, MD) (410) 535-5602	<i>Mood, anxiety, behavior disorders; dementia; obsessive-compulsive disorder; PTSD</i>
MedStar Shah Medical Group (California, Prince Frederick, Crofton, Fort Washington, Mechanicsville, Hollywood, Leonardtown, Charlotte Hall, & Waldorf, MD) / (855) 546-0747	<i>Inpatient and outpatient psychiatry; mood and anxiety disorders, post-traumatic stress disorder, behavior disorders, learning and autism-spectrum disorders; youth struggling to adjust to stressful life situations, coping with medical illness; addiction</i>
Child-Specific Services	
Center for Children (301) 609-9887; La Plata, MD office (301) 475-8860; Leonardtown, MD office (410) 535-3047; Prince Frederick, MD office	<i>Child psychiatry; prevention programs; individual and group therapies; co-parenting/divorce education; young family support; referrals; legal system advocacy and agency coordination; case consultation with educators, physicians, and other professionals</i>
General Counseling	
CareMind Health (202) 360-4787	Blue Sail Counseling 410-231-0488 / Lusby, MD
Cleary Psychotherapy and Consulting – LCPC 443-968-4989 / Prince Frederick, MD	Daniel Meckel , PhD, LCSW-C 410-504-1809 / Solomons, MD
Deborah Nelson, LCPC 410-414-5953 / Prince Frederick, MD	Deborah A. O'Donnell , PhD 240-587-0457 / Leonardtown, MD
Journeys Holistic Therapy Group 301-884-4225 / Charlotte Hall, MD	Doris McDonald, LCPC, LCADC <u>301-640-5648 / Lexington Park, MD</u>
Margarett Brooks , PhD 301-475-7988 / Leonardtown, MD	Mary Ayers , Ph.D., LCSW-C 301-679-7589 / Solomons, MD
Mindy Krupp , LCSW-C 443-404-5320 / Solomons, MD	Pastoral Counseling Center 301-863-9333 / Lexington Park, MD
Personalized Therapy LLC 301-862-2505 / California, MD	Psychological Services Center 301-475-9660/ Leonardtown, MD
Salvatore Dioguardi , LCSW-C 301-475-3208 / Leonardtown, MD 410-983-6132 x2 / Solomons, MD	Southern Maryland Associates 301-863-5797 / Great Mills, MD
Steve Berns , LCSW-C 410-394-0677 / Solomons, MD	Discovery Harbor Counseling Center, LLC Ursula Towles , LCPC, NCC

	301-703-9245 / Lexington Park, MD
Vesta, Inc. 301-863-4543 / Lexington Park, MD	Pyramid Healthcare Inc. (grant funded and free to participants) 301-804-1325 / California Waldorf, Charlotte Hall (Drug and Alcohol), MD 301-804-1325 (24 hour hotline)
Therapy Cafe 443-295-8955	

Health Department and County Services	
Assistance with Aging Calvert County St. Mary's County	<i>Information and guidance on caring for the elderly and programs/activities for the aging community. Services such as elder care, meals on wheels, and personalized assistance with care planning are available.</i>
Calvert County Behavioral Health Office 410-535-5400 x475 (Local) E-mail: mdh-dl-calchd-mentalhealthcchd@maryland.gov	<i>Psychiatrists, Psychologists, Professional Counselors, Social Workers, Registered Nurses</i>
St. Mary's County Behavioral Health Office 301-475-4330 E-mail: smchd.healthdept@maryland.gov	<i>Psychiatrists, Psychologists, Professional Counselors, Social Workers, Registered Nurses</i>
Mediation Centers in Calvert and St. Mary's	<i>Calvert County mediation services provide conflict management services and education to empower people to create and develop their own solutions.</i>
Substance Abuse	
Calvert County Substance Use Email: mdh-dl-calchd-substanceabusecchd@maryland.gov 410-535-3079 x6	<i>Behavioral health assessments; Individual, group, and family counseling; Urinalysis drug testing and breathalyzer testing; Alcohol and other drug use education; Intensive outpatient treatment program; Detention Center treatment services; Buprenorphine treatment; School based behavioral health services; Referrals</i>

Horn Point Laboratory

Name, Location, & Contact Information	Services Provided
Hospitals/Emergency	

<u>University of MD Shore Regional Medical Center</u> (Cambridge, MD) 410-822-1000	Psychiatric/mental health services
<u>Eastern Shore Hospital Center</u> (Cambridge, MD) 410-221-2300 Toll-Free: 1-888-216-8110	Psychiatric facility
<u>Tidal Health, Behavioral Health Services</u> (Salisbury, MD) 410-543-7119	Services for adults, both voluntary and involuntary, with acute symptoms. Outpatient (410-543-7119) services for adults and children. Partial hospitalization (410-543-4738) services for adults.
Psychiatrists	
<u>Marshy Hope Family Services</u> (Cambridge, MD) 410-221-2266	Outpatient services; individual therapy; group therapy; family therapy; psychiatric evaluation; medication management
<u>University of MD Shore Regional Health Behavioral Health</u> (Cambridge, MD) 410-822-1000	Inpatient services; outpatient services; substance abuse
<u>Corsica River Mental Health Services</u> (Cambridge, MD) 443-225-5780; Urgent care (24 hr) services 1-888-407-8018)	Individual therapy; family therapy; group therapy; marriage and couples counseling; grief counseling; psychiatry; telepsychiatry; school and agency based therapy; medication management; health education; co-occurring disorder treatment; 24 hour on-call services
<u>Community Behavioral Health</u> (Cambridge, MD) 844-224-5264 x 13	Services for children, adolescents and adults; Outpatient services; individual services; family services
<u>For All Seasons</u> (Cambridge, MD) 410-822-1018; Urgent care (24 hr) services, including rape: 410-820-5600 (English), 410-829-6143 (Espanol)	English and Spanish speaking assistance; services for children, adolescents and adults; Counseling and psychotherapy; medication management; school based mental health services; <u>rape crisis center</u> ; sexual assault prevention; victims of crime assistance; 24 hour hotline; human trafficking services; family visitation services; urgent care; TAMAR; neurofeedback
<u>Channel Marker, Inc.</u> (Cambridge, MD) 410-228-8330	Services for youth, transition age youth and adults; Individual and group services; inpatient residential services; integrated health management
Child-Specific Services	
<u>Peace of Mind Mental Health Services</u> (Easton, MD) 410-690-8181	Individual counseling; play therapy; art therapy
<u>Maple Shade Youth and Family Services</u> (Mardela Springs, MD) 410-677-0202	Services for children aged 5-17 and their families. Individual therapy; family therapy; group therapy.
Counselors or Psychologists	

<p><u>University of MD Community Medical Group: Mental & Behavioral Health</u> Intensive Outpatient, Cambridge, MD: 443-225-7506 Inpatient Treatment and Outpatient Substance Use, Easton, MD: 410-822-1000</p>	<p><u>Peace of Mind Mental Health Services</u> 410-690-8181 / Easton, MD</p>
<p><u>Channel Marker, Inc.</u> Cambridge: 410-228-8330, Easton: 410-822-4611</p>	<p><u>Life's Energy Wellness Center</u> (800)867-2395 / Cambridge & Easton, MD</p>
<p><u>Peninsula Mental Health Services</u> 410-860-2673 / Salisbury, MD</p>	<p><u>Corsica River Mental Health Services</u> 443-225-5780 / Cambridge, MD Urgent care (24 hr) services 1-888-407-8018</p>
<p><u>Community Behavioral Health</u> 844-224-5264 x 13 / Cambridge, MD</p>	
Health Department and County Services	
<p><u>Dorchester County Health Department</u> (Cambridge, MD) 410-228-7714</p>	<p><i>Alcohol and Drugs; Healthy Families; Women & Children</i></p>
<p><u>Dri-Dock Recovery & Wellness Center</u> (Cambridge, MD) 410-228-3230</p>	<p><i>Peer led facility staffed by peer recovery specialists. Supports all who are in recovery or seeking recovery from behavioral health disorders.</i></p>
<p><u>Mid Shore Behavioral Health</u> (Easton, MD) 410-770-4801 24 hour contact #:1-888-407-8018</p>	<p><i>Criminal justice and mental health; homelessness; inpatient rehab and community reintegration</i></p>
Substance Abuse	
<p><u>A.F. Whitsitt Center</u> (Chestertown, MD) 410-778-6404</p>	<p><i>Inpatient rehab; outpatient rehab; medical detox; psychiatry; relapse prevention groups; individual and group counseling; self-help; medication education; co-occurring disorders; referral to sober living homes; NARCAN training; support for families of addicts</i></p>
<p><u>MidShore Intergroup</u> (Easton, MD) 410-822-4226</p>	<p><i>Specific to alcohol. Information on treatment centers; AA meetings; halfway houses; serves Caroline, Dorchester, Kent, Queen Anne's & Talbot Counties</i></p>
<p><u>Warwick Manor Behavioral Health</u> (East New Market, MD) 410-943-8101</p>	<p><i>Inpatient rehab; outpatient rehab; medically monitored detox; intensive outpatient treatment; methadone; relapse prevention; recovery skills groups; art therapy</i></p>
<p><u>Peninsula Addiction Services</u> (Salisbury, MD) 410-860-2673</p>	<p><i>Adults only, outpatient treatment; family sessions; relapse prevention; 12 step</i></p>
<p><u>Substance Abuse and Mental Health Services Administration (SAMHSA)</u></p>	<p><i>24 hour treatment referral and information (1 800 662 4357); Support available in <u>Spanish</u> and other languages; extensive network connecting to treatment centers and programs nationwide</i></p>

Community Mediation Centers	
<u>Community Mediation Upper Shore</u> (Kent, Queen Anne's and Cecil Counties) Kent & Queen Anne's Counties: 410-810-9188	<i>Conflict resolution</i>
<u>Mid Shore Mediation Center</u> (Talbot, Caroline, Dorchester Counties) 410-820-5553	<i>Conflict resolution</i>
<u>Tri-Community Mediation</u> (Worcester, Wicomico, and Somerset Counties) 410-548-7174	<i>Conflict resolution; workplace training</i>

Institute of Marine and Environmental Technology

Name, Location, & Contact Information	Services Provided
Hospitals/Emergency	
<u>Johns Hopkins Inpatient and Emergency Psychiatry</u> <u>Inpatient Admissions</u> : 410-955-5104 Emergency Department: 410-955-5964	<i>Emergency mental healthcare and inpatient or day treatment for children and adults. Typically, patients begin by contacting inpatient admissions, which might refer them to the emergency department.</i>
<u>Sinai Hospital</u> 410-601-6019	<i>Emergency services, consultation/liaison service, inpatient psychiatry, adult partial hospitalization and intensive outpatient program, adult outpatient services, addiction recovery program</i>
Mercy Medical Psychiatry: 410-332-9230 Chemical Dependency: 410-332-9075	<i>7-day inpatient substance abuse treatment, psychiatrists on staff</i>
<u>University of Maryland Medical Center Psychiatry</u> Emergency: 410-328-1219 Main line: 410-328-6735 <u>Contact Us Page</u> for phone numbers for each service	<i><u>Child and adolescent psychiatry</u>, <u>community psychiatry</u>, <u>outpatient addiction treatment services</u>, and <u>women's health and postpartum depression</u>; Conditions treated: anxiety disorders, ADHD, behavioral problems, cognitive disorders, depressive disorders, mood disorders, eating disorders, OCD, phobias, psychotic disorders, sexual disorders, substance abuse</i>
<u>Universal Psychological Center</u> Downtown Baltimore: 410-576-9191 25th Street: 410-366-1717 Residential admissions: 443-597-6542	<i>Outpatient substance abuse and mental health treatment, residential substance abuse treatment, psychiatric rehabilitation program, Spanish language services offered</i>
<u>Baltimore VA Medical Center</u> <u>Mental Illness Recovery, Education, and Clinical Center</u>	<i>Consultations and trainings addressing veterans' mental health challenges</i>

410-605-7000	
MedStar Union Memorial Hospital 410-554-6444	<i>Group therapy, hypnosis therapy, individual therapy, psychometric testing, rehabilitation consultation, relaxation training, stress management</i>
Psychiatrists	
Family Intervention 410-449-7577	<i>Anxiety, Addiction, ADHD, Anger Management, Autism, Bipolar Disorder, Coping Skills, Depression, Domestic Violence, Drug Abuse, Emotional Disturbance, Family Conflict, Grief, Learning Disabilities, OCD, Self Esteem, Sexual Abuse, Stress, Trauma and PTSD</i>
Faith Health Care Center 410-514-6718	<i>Provides mental and behavioral health services for individuals, groups and families. Provides medication management and psychotherapy. Specializes in: Mood Disorders, Women's Issues, Addiction, Medication Management, and Substance Abuse.</i>
The Mandala Center for Behavioral Health and Wellness 410-690-7608	<i>Evaluate symptoms and provide a diagnosis, explain side effects of medication, and provide psychiatric care. Specializes in: Bipolar Disorder, Anxiety, Depression, ADHD, Anger Management, Borderline Personality, Developmental Disorders, Grief, OCD, Stress, Teen Violence, Trauma PTSD</i>
Child-Specific Services	
Children's Mental Health Matters! Campaign Family Resource Kit	<i>Information on ADHD, anxiety Disorders, bullying, depression, eating disorders, grief, oppositional & defiant children, psychosis, self-injurious, substance use, suicide, trauma, crisis services, early childhood, first steps in seeking help, seeking professional help, school services, transition age youth, treatment, wellbeing, when to seek help.</i>
Baltimore Child & Adolescent Response Systems (B-CARS) 410-752-2272	<i>Emergency counseling and crisis management.</i>
General Counseling	
Community Mediation: National Alliance on Mental Illness, Baltimore 410-435-2600 info@namibaltimore.org	Intentional Healing Space 410-733-2055 ihealingspace@gmail.com Referral form
Maryland Faculty Practice 410-328-5881	Complete Wellness, Inc. 443-438-7863 or use online forms

The Bergand Group , alcohol and drug treatment 410-853-7691	Chase Brexton Glen Burnie – LGBT Health, Substance Abuse, Therapy, Psychiatry, Trans Care, Social Work (410) 837-2050
DBT of Towson 410-583-2367 Email: info@dbtoftowson.com	
Health Department and County Services	
Baltimore Health Department Services	<i>24/7 Mental Health and Substance Abuse Hotline: (410)-433-5175</i>

Integration & Application Network – Annapolis

Name, Location, & Contact Information	Services Provided
Hospitals/Emergency	
Kaiser Permanente Annapolis Medical Center (Annapolis, MD) 410-571-7300	<i>Therapy, self-care wellness resources, and educational materials for individuals, groups, and couples.</i>
Kaiser Permanente Largo Medical Center (Largo, MD) 301-618-5500	<i>Therapy, self-care wellness resources, and educational materials for individuals, groups, and couples. Psychiatry. Crisis therapists (with no regular outpatient services)</i>
Kennedy Krieger Institute (Odenton, MD) 888-554-2080	<i>Outpatient therapy with a variety of clinical programs</i>
Psychiatrists	
Raymond Hoffman, MD 410-233-0341/ Annapolis, MD	Hannah Johnson Ong, MD (443) 214-5097 / Annapolis, MD
Daniel Jackson , MD 800-777-7904 / Largo, MD	Enrique B Olivares, MD (speaks English, Spanish, and Portuguese) 410-742-6016 / Towson, MD
Makesha Joyner , MD (electroconvulsive therapy) 800-777-7904 / Largo, MD	Makeida Koyi, MD (443) 331-5934/ Columbia, MD
Earl John Mauricio , MD (historically underserved mentally ill patients) 800-777-7904 / Largo, MD	Paul Gianakon, MD (speaks English, Spanish, ASL) (410) 224-1188 / Annapolis, MD
Child-Specific Services	

Bryan Buchanan , LCSW (psychotherapy) 800-777-7904 / Largo, MD	Chenere Evans , PhD (psychotherapy) (301) 618-5500 / Largo, MD
Lisa Greene Henderson (psychotherapy) 800-777-7904 / Largo, MD	Sandra Pagan , PSYD (psychotherapy) 800-777-7904 / Largo, MD
General Counseling	
Akimasa Fujii , LCSW (Chemical dependency) 800-777-7904 / Largo, MD	Lorette Gray , LCSW 800-777-7904 / Largo, MD
Joseph Hoppenjans , LCSW 800-777-7904 / Largo, MD	Elizabeth Keohan , LCSW (410) 571-7300 / Annapolis, MD
Lafonda Lewis , CADAC (Chemical dependency) 800-777-7904 / Largo, MD	Cherlyn Monk , LCSW 800-777-7904 / Largo, MD
Dona Moon , LCSW 800-777-7904 / Largo, MD	Joy Teitelbaum , LCSW (240) 392-1366/ Severna Park, MD
Katrina Sandidge , LCSW 800-777-7904 / Caton Hill, MD	Helaine Frances Betnun , LCSW (410) 449-4993 / Annapolis, MD
Kristin Whiting , LCSW 800-777-7904 / Columbia, MD	Claudia Johnson , LCSW 410-897-2321 / Annapolis, MD
Michelle Pearce , PhD https://www.drmmichellepearce.com/	Judith Clifford , PhD 410-702-4372 / Annapolis, MD
Charlotte Callens , PhD 443-624-4048 / Annapolis, MD	Jessica Snell-Johns , PhD 410-212-2522 / Annapolis, MD
Robert Frasier , PhD (202) 230-2374/ Crofton, MD	Francesca Brooks , LCSW 410-360-7093 / Annapolis, MD
Health Department and County Services	
Assistance with Aging Anne Arundel County	<i>Information and guidance on caring for the elderly and programs/activities for the aging community. Services such as elder care, meals on wheels, and personalized assistance with care planning are available.</i>
Anne Arundel County Department of Health Adolescent and Family Services Integrated and Behavioral Health Clinic 410-222-6785	<i>Outpatient mental health and addiction services to County children and adolescents, ages 4 to 18, and their families. Resources for talking to children about suicide and substance abuse.</i>
YWCA Annapolis and Anne Arundel County 410-222-6800	<i>Services to victims of rape, sexual assault and abuse. Victim advocates for victim support throughout the</i>

	<i>hospital emergency room visit. Short-term professional counseling available during the aftermath.</i>
Anne Arundel County Community Crisis Services All lines are available 24 hours/7 days	<i>Crisis Warmline/Addictions Helpline (410) 768-5522 Domestic Violence Hotline (410) 222-6800 Maryland Youth Crisis Hotline 1-800-422-0009 Anne Arundel County Public Schools Student Safety Hotline 1-877-676-9854</i>
Substance Abuse	Meditation
Annapolis Safe Stations	Mindfulness Practice Group of Annapolis

Maryland Sea Grant

Name, Location, & Contact Information	Services Provided
Hospitals/Emergency	
UMD Capital Region Medical Center (Largo, MD) 240-677-1000 Psychiatric Unit 240-677-7250	<i>Inpatient and outpatient psychiatric care</i>
Adventist Health Care (Gaithersburg, MD) 301-315-3030 Psychiatric Unit 800-204-8600	<i>Inpatient and outpatient psychiatric care</i>
Psychiatrists	
Columbia Associates (Various locations in the MD, VA, DC area); 571-579-6358	<i>Child and family psychiatric practice</i>
Dr. Memunatu Bangura (Berwyn Heights, MD) 240-542-4573	<i>General psychiatric care</i>
Dr. Patricia Sullivan (Columbia, MD) 410-997-1475	<i>Initial Psychiatric Evaluation; Medication Management; Coordination of care with doctors, therapists and family with your consent</i>
Dr. Joshua Rosenthal (Columbia, MD) 410-740-8066	<i>Depression, seasonal affective disorder, anxiety, bipolar disorder, attention deficit hyperactivity disorder, obsessive compulsive disorder, substance abuse, autism, Asperger's disorder</i>

Child-Specific Services	
City of College Park, Department of Youth, Family & Senior services (College Park, MD) 240-487-3550; families@collegeparkmd.gov	<i>Youth and family services, culturally-responsive clinical services and community-based programs</i>
Little Leaves Behavioral Services (Silver Spring, MD) 202-420-8359	<i>Individualized behavioral therapy based on the principles of Applied Behavior Analysis (ABA)</i>
General Counseling	
University of Maryland Counseling Center (College Park MD); 301- 314-7651	HMS Therapy (College Park, MD) 240-770-1881; counseling@hmstherapy.com
Congruent Counseling (Columbia, MD and other locations) 410-740-8066; https://congruentcounseling.com/contact-us/	Jayneen Hampton-Jones MS, NCC Bereavement Coordinator Holy Cross Home Care & Hospice 9805 Dameron Drive Silver Spring, MD 20902 Jayneen.jones@holycrosshealth.org 301-754 -7742
Beth Charbonneau (College Park, MD) 301-818-3978; https://www.bethcharbonneau.com/contact	University of Maryland Counseling Center Culturally Responsive Counseling (College Park, MD) 301- 314-7651
Health Department and County Services	
Prince George’s County Health Department (Upper Marlboro, MD); 301-883-7879	<i>Offers a variety of behavioral health, family health and health and wellness services</i>
Wellness Services	
University of Maryland Counseling Center Wellness Workshops (College Park, MD) 301- 314-7651	Heavenly Well Acupuncture and Massage (Greenbelt, MD) Acupuncture: 301-291-5556, acupuncture@heavenlywell.com Massage: 240-475-5882, massage@heavenlywell.com

Additional Information for Kaiser Permanente Insurance Holders

Online resources (Free)

[Healthy lifestyle programs](#)- take an online questionnaire to identify sources of stress and unhealthy habits, then receive a set of personalized recommendations for how to manage your depression and regular emails offering support and encouragement.

[Mental health and wellness tools](#)- guided exercises, activities, and self-care tools on various topics related to wellness, including managing stress, sleeping better, meditation, mindfulness, and self-compassion.

Over-the-phone (Free)

[Wellness coaching](#)- sign up for a series of 20-minute phone coaching sessions with a wellness coach. Your coach will help you to establish wellness goals and provide the guidance, resources, and motivation to help you achieve goals related to various wellness topics, including reducing stress.

In Person (\$15 copay/ appointment)

All Kaiser Permanente in-network doctors can be found and researched at [this website](#), based on proximity to your specific lab/home location.